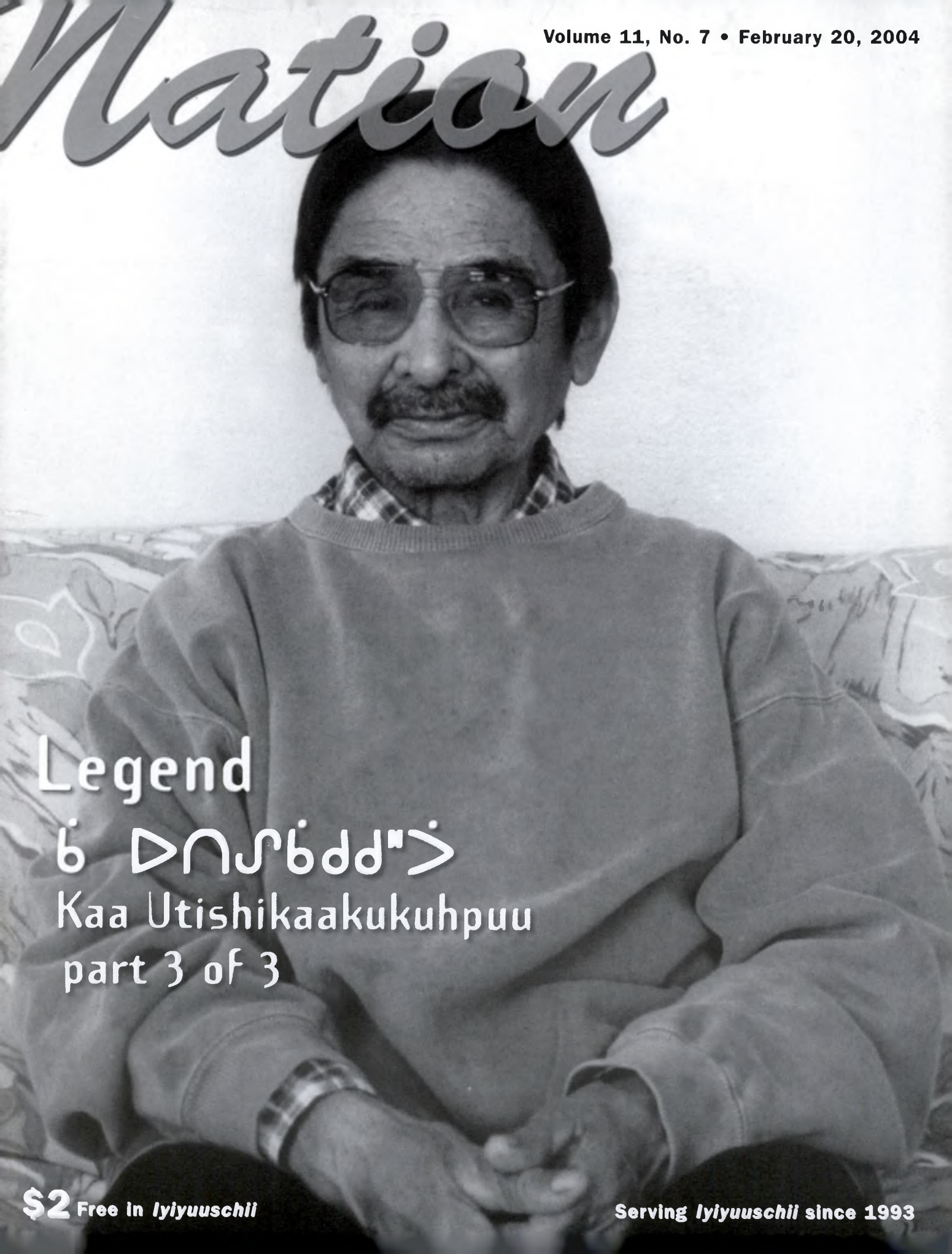
Nation

Volume 11, No. 7 • February 20, 2004



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Throne Speech

By Nation Staff

As government officials, invited guests and media assembled in the Senate and the House of Commons waiting for Prime Minister Paul Martin's first Throne Speech to commence, there was an elaborate pompous ceremony going on outside. Martin was bandying with a reporter about how he loved the rented suit he was wearing, waiting to greet Governor General Adrienne Clarkson and her husband, writer and philosopher John Ralston Saul. Their arrival on the hill involved booming cannons, royal salutes, curtseys and all the pageantry of a British-based colonial government.

Inside more curtsies and pleasantries were exchanged, as a slight gentleman walked ever so slowly down a hallway, apparently weighed down by an oversized gold sceptre. This was followed by a call on the MPs at the House of Commons to walk over to the Senate. Then a knocking on the Senate door requesting the right to enter before the speech could be read. One wonders what would happen if they were refused entry. Let's try it next year... ok boys?

The speech is prepared weeks before by the government of the day, in this case, Paul Martin and company, but is read by the token... er, representative of the British Queen, the Governor General. Just an aside here, despite the fact that she has never been to battle to my knowledge, on her chest she sported five medals. I think one was for spending money.

This years' speech spoke of renewal and of government accountability, which was somewhat ironic coming from the mouth of the person who had no shame for spending $4.7 million on a 4 state trips and stated that she was above politics. But maybe it was good that she read what she potentially will be subjected to, as the speech spoke a lot of rebuilding and making government more accessible to the public.

The speech also contained a section devoted to Canada's Aboriginal people, instead of having aboriginal issues lumped into other sections. It was admitted that in many Native communities, "the conditions...can only be described as shameful." Wanting to see "aboriginal children getting a better start in life, real economic opportunities and participating in national life," the government says it will work, with First Nations, to improve governance, establish an independent Centre for First Nations Government and work on a renewed Aboriginal Human Resources Development Strategy. It will also work on solutions to help Aboriginal people respond to the challenges they face and expand the Urban Aboriginal Strategy.

Afterwards, the AFN National Chief said that they were encouraged, especially with the admission that conditions were shameful. He was pleased because he says that the AFN was consulted as to what they wanted to see. He also mentioned that the speech didn't contain everything the AFN had hoped for but it was a beginning.

The next day, when Martin elaborated on the speech, he further stated that "there is one aspect of Canadian society, one aspect of our history that casts a shadow over all that we have achieved. The continuing gap in life conditions between Aboriginal and other Canadians is intolerable. It offends our values, we cannot remain on our current path.... To turn the corner will require a new partnership. It will require a shared commitment to improving Aboriginal governance — essential to self-government and economic development."

With the addition of a smudging ceremony during Martin's swearing-in as PM, one can have real hope all this will finally lead to an improvement of Native lives across Canada. Of course, these very same promises have been made many times in the past – notably by Martin's immediate predecessor – but have not been honoured. One can only hope that Martin, finally, is true to his word, or the words he put in the mouth of the Governor General.

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Legend teller **Sandy Masty**

by Steve Bonspiel

I AM NOT PHAT

By Sonny Orr

I read in dismay the so-called journalistic reaction to the way we tend to absorb poutine by the ton and how many of us practice unhealthy ways, thus leading us down coronary alley which ends at the heart attack hotel. I kid you not, I felt guilty to be a poutine lover. First the fries, then the hot-water-and-powder sauce and then the finale, real cheese curds, smothered with glows and sighs of appreciation. Yes, this is caloric heaven, with stairs descending to the office of a reprimanding dietician.

I remember when fries were a delicacy, and poutine was discovered only recently, when Val d' Or and all night 24/7 hamburger stands sated many who had too many brewskis, became a normal course of living. It was sort of a pre-breakfast cuisine which appealed to those who dared to stay up that late. Yes, the price was right and tastebuds craved more than what we could consume. It's sort of like eating nuts or chips, except you have to endure the oil drenched air and smoke (now I know why many French fry stands serve those in the open air).

Today, the stigmatism of our own craving for a new culture and all that it offers is our own downfall. We tend to accept things too easily and all too often, in excessive and express service fashion. The days of waiting for the dinner to cook is replaced by the 30-second chime of the microwave and the smell of fresh killed meat cooking over the fire now smells like a propane fueled carcinogenic time bomb, set to go off when we reach 40 pounds of that now labeled evil fatty cell.

In the old days, lean and mean meant an impoverished family lifestyle, and others would feel sorry for you. You see, fat is not bad, when you use it properly. The fat of a bear has many uses and the goose that spits when cooked is valued as greatly appreciated nutrition. Even cholesterol from eating eggs has now come back to the front pages of medical magazines as the main ingredient that keeps your brain a finely tuned thinking machine. Without fat, we die a lonely and scrawny death, with only the need of two people to carry your coffin. But I do admit, that the fat we used to eat did not come prepackaged with the ingredients neatly indicating their caloric level, but came from healthy animals who stored healthy fat as reservoirs for energy or times of no food.

I've looked at pictures of the past of our people, and those who are bulimic would label our ancestors as overweight or somewhat chubby, but their fat served a purpose. It kept them warm in the winter and healthy in times of famine. Today, we have homes heated with imported energy and consume imported food, so nature dictates that we, as genetically healthy people, become obese from our natural tendency to store our oil for times of need. I know that one day I will use my stored fat, which I know will come in handy, and I will conform to modern-day appreciation of Schwarnegger-of-the-north body that will not only turn heads, but have the ability to return back to its original couch-potato figure, when no one is looking.

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Katejun Coonishish: The Ice Man Cometh

Some people excel in different areas of life, whether it is school or work or other aspects. Very few of us excel in two different realms of life, especially at the age of 16!

That's where Ouje-Bougoumou's Katejun Coonishish comes in. He has exceeded expectations at two very difficult sports, snowmobile and motocross racing.

He has moved up the ranks so quickly in snowmobile racing that he now races against, and regularly defeats men twice his age with many more years of experience on the circuit. Despite this, he has remained humble, not letting his success get to his head.

At his age, he has nowhere to go but up. He already has a sponsorship deal signed with Bombardier. Along with their loyalty comes two new snowmobiles or 'sleds' as those in the know calls them. He is also part of the prestigious Blair Morgan Racing Team, one of the most renowned teams on both the snocross and motocross circuits. They supply him with other equipment needed to win races.

He has had a great deal of success on the motocross circuit as well, having pretty much won in all the different categories. Financial constraints however, have forced him to concentrate more on snocross racing.

He already has a sponsorship deal signed with Bombardier.

According to his father, Sydney, he cleaned up in his first year of racing. At 12, he was entered into the 10-12 year old category. He finished first, by far.

In his second year, he was doing so well the organizers permitted him to enter into an adult class called the 'Sport class'. At the age of 13, Coonishish won that championship as well.

Last year, keeping with his lightning quick escalation in this fast, frozen sport, he was entered into the semi-pro category. His father was elated when he "totally dominated" and again won the championship. At that point in his career, companies like Bombardier began to take notice.

The same year, before he raced semi-pro, he had a chance to showcase his phenomenal talent at a race at Dolbeau-Mistissini, which was being televised by the sports channel RDS. This would prove to be his baptism by fire into the world of semi pro racing. Because he was a racer from the sport class, one of the rules was he had to start from the back of the pack, all by himself. The result was almost predictable, another victory for this impressive young man.

This year is his first year in the pro class, and amidst much anticipation, he has not disappointed the fans.

Later on that year, the Blair Morgan Racing Team approached him to be part of their team. He was invited to Duluth, Minnesota to make an appearance there before signing with Blair Morgan. After they saw his performance and his limitless potential, they agreed to sign him to a one-year contract in what was essentially an equipment sponsorship.

This year is his first year in the pro class, and amidst much anticipation, he has not disappointed the fans. His first race in Chibougamau saw many people from his hometown of Ouje-Bougoumou come out to cheer on this local sports hero. "He was the talk of the racing world in not only the north, but the south as well," according to his father. "He was about to run away with the win, but he incurred mechanical problems (his chain broke) and didn't finish the race."

His day finally came when he raced and won at La Dore a week later. This momentous occasion marked his first pro win.

At this point in his first year as a pro, he has already posted three wins and a few second place finishes which is good enough for him to be in second place overall.

"He takes his success as it comes and it never makes his head get bigger," quipped his proud papa.

Be sure to check future issues of the Nation for an update on Katejun's career.

2 Year old Child Beaten by Outsider

Waswanipi- On February 8th, 2004 at around 4:30 P.M., the unthinkable happened. A 12-year-old child was passing by Judy Otter's residence in Waswanipi when she heard what sounded like a body hitting the ground. She alertly called the local Police, who showed up a few hours later with social services.

Trevor Spencer, a 31-year-old non-local man who has been living in Waswanipi for less than a year, was found inside with his 2-1/2 year old stepson, Khayden Otter. The baby had suffered severe head trauma and was taken immediately to the local hospital and then flown to Montreal Children's Hospital.

At press time the baby was in a coma and some community members feared long term damage. One, who wished to remain nameless, told the Nation that the baby's mother, Judy Otter, met Spencer over the Internet last spring. By last fall they met in person and somewhere around that time agreed to marry.

Spencer is being charged with aggravated assault, and was scheduled to appear in court on February 18th, 2004.

Cree Human Resources Development

MEMORANDUM

Cree Local Management Board Meeting

Please take note that the next Cree Local Management Board (CLMB) meeting for the community based projects is tentatively scheduled for April 6th and 7th, 2004 in Mistissini. **All submissions must be received no later than Friday, March 5th, 2004.** This will give the CHRD the time to review, assess, and receive additional information for the proposals.

Proposals coming from the communities of **Mistissini, Waswanipi, Ouje-Bougoumou and Nemaska**, please forward to:

Richard Shecapio, Program Officer (Inland)

Cree Human Resources Development
187 Main Street, Mistissini,
Quebec G0W 1C0

Tel: (418) 923-3285
Fax: (418) 923-3243

From the communities of **Chisasibi, Eastmain, Waskaganish, Wemindji** and **Whapmagoostui**, please forward to:

Alice Nuktie, Program Officer (Coastal)

Cree Human Resources Development
P.O. Box 450, Chisasibi,
Quebec J0M 1E0

Tel: (819) 855-2109
Fax: (819) 855-2109

If you have any questions or require further information, please contact the above or Ms. Louisa Saganash, Coordinator of Programs and Services at 514-866-1234 ext. 24.

Cree Human Resources Development

MEMORANDUM

Next Joint Implementation Committee Meeting (JIC)

Please take note that the next Joint Implementation Committee meeting is scheduled for April 14th, 15th, 2004. **All submissions for Territorial Programs must be received no later than March 12, 2004**. This will allow the CHRD the time to review, asses, and receive additional information for the proposals. Submissions related to Territorial Programs Initiatives should be forward accordingly;

Tourism & Forestry

Irene Neeposh,
Sectoral Officer
113 Oudaa Building,
Waswanipi (Quebec) J0Y 3C0
Phone: 819-753-2025
Fax # 819-753-2026

Mining & Construction

Abel Trapper,
Sectoral officer
139 Mistissini Blvd.
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525 &
Fax # 418-923-2111

Telecom & Transport

Michael Mianscum,
Interim Sectoral Officer
139 Mistissini Blvd.
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525 &
Fax # 418-923-2111

Hydroelectricity

Michael Petawabano,
Coordinator Territorial Programs
139, Mistissini Blvd
Mistissini (Quebec) G0W 1C0
Phone # 418-923-2525 &
Fax # 418-923-2111

If you have any questions or require further information, please contact the above.

Provincial Government gets with the Day Care Program

At the end of January, the Quebec Ministère de l'Emploi, de la Solidarité sociale et de la Famille (MFE) announced that 427 new daycare places will be available in 10 northern Native communities.

Of that number, 270 of the new places have been designated to the Cree communities of Wemindji, Waswanipi, Chisasibi and Mistissini.

In Chisasibi alone, there are 123 people on the waiting list for low-cost daycare spaces at Anjabowa. At full capacity right now with 49 children, Anjabowa is anxiously awaiting the completion of a new building, which will be done by the end of February and have capacity for an additional 80 children. Another new building is to begin construction in September and will also have 80 places. By the end of construction in 2005, there will be 240 places available and 66 employees. This more than triples the current number of employees of 21.

Wemindji's daycare is also awaiting construction of a new building, as they are currently fulled to capacity with 65 places. The daycare, Kanawhymigoo, will be getting funding for 30 new places from the MFE while the new building will have another 65 places.

The 270 places were allocated under an agreement signed with the Cree Regional Authority that gives the CRA more autonomy in the management of daycare services. The CRA now has the power to administer subsidies, handle daycare permits, to look after the inspection of the daycare services and deal with complaints.

These were part of a four-year-old promise to develop 1,500 low-cost daycare places in Northern Quebec. Since 2001, only 1,073 had been authorized. With these 427 new places, the ministère has completed the development plan set out for the Native communities.

Rabid Wolves in Caribou Capital of Quebec

It is now confirmed that a wolf involved in the recent attack in Schefferville (as reported in the last issue of *The Nation*) did indeed have rabies. The Public Health Department of the Cree territory of James Bay along with the Ministry of Natural Resources, Wildlife and Parks, have issued an urgent notice warning the population.

People are urged to avoid direct contact with any wild animal that is not behaving normally, that is having trouble walking or is showing uncharacteristically violent behaviour, or biting at anything and everything. Rabies affects the central nervous system and damages the brain. Once displaying symptoms of rabies, an animal usually dies within a week as swelling in the throat causes asphyxiation.

The disease is transmitted through the bite and saliva of an infected animal, even a lick of an infected animal can transmit rabies if the saliva comes into contact with your skin, eyes, nose, lips, cuts or scratches.

If you come in contact with the saliva of an infected animal, seek medical attention as soon as possible. Medicine is available to prevent rabies from developing.

Any animal suspected of having rabies should not be consumed as food by humans or other animals, as a precaution. While any mammal can get rabies, it is most often found in foxes, skunks, raccoons and wolves; caribou are not at high risk. Dr. Robert Carlin, the medical consultant of the Infectious Disease Programs of the Regional Public Health Department of the Cree Territory of James Bay, says that there is no risk of contracting the disease through accidental consumption of a cooked animal.

In fact, the chance of being infected with rabies is slim. The last reported human case of rabies in Quebec dates from September, 2002.

New Hydro-Quebec Deal almost Unanimous

Eight Cree communities have passed resolutions mandating their Chiefs to agree with the proposed new deal with Hydro-Quebec. Four have expressed concerns over the deal, fearing their interests are not being met. In Nemaska, the deal was approved by a margin of only nine votes. In Wemindji, Chief Reggie Mark said that the deal was approved and that there were absolutely no concerns put forth by the community. The Waskaganish band council has approved the deal but the community still has to ratify it. A vote will be held the week of February 23.

Cree Success Stories

There is help available for people who move to Montreal in search of a job and need help in finding one or get more training. First Nations Human Resources Development Services of Montreal (FNHRDS) is available to off-reserve natives to help in their search.

FNHRDS offers employment and training services, including counseling, assistance, information and referrals. The program has been around since 1999, and is available for urban Natives only. Funding is secured directly from the individual's band.

The program consists of three measures which are:

- Support and Guidance, which has labour market information, professional resources, research and development.
- Training and Development is for professional training, general academic

continued on page 9

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The *Hiring Initiatives Program* under the *Cree Employment Agreement* is striving towards providing a minimum of *150 Cree Eeyou* permanent positions with *Hydro-Quebec* within the *James Bay* territory.

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Le *Programme d'initiatives pour l'emploi*, créé en vertu de l'*Entente concernant l'emplois des Cris*, vise à promouvoir l'embauche d'un minimum de *150 Cris Eeyou* pour occuper des postes permanents chez *Hydro-Québec* sur le territoire de la *Baie-James*.

La *Société Apatisiiwin* et la *Commission scolaire Crie* travaillent en partenariat pour s'assurer que les Cris Eeyou profitent des divers parcours de formation qui ouvriront les portes à l'emploi chez *Hydro-Québec*. Venez découvrir les univers excitants des disciplines variées guarantissant un emploi d'après l'Entente.

For more information and application forms, contact the **CHRD, Cree School Board of Sabtuan Continuing Education** *or* **participating Guidance Counsellors** *located in High Schools and Post Secondary Student Services.* **Please note, the application deadline is MARCH 1st 2004.**

Pour plus de l'information et des formulaires demande d'admission, entrez en contact avec le **CHRD, l'Éducation permanente** *(Sabtuan Continuing Education), ou auprès de* **conseillers en formation scolaire** *situés dans les écoles sécondaires ou au Services secondaires aux étudiants du niveau post-secondaire.* **Notez bien, la date-limite pour remettre votre demande est le 1er MARS, 2004.**

Additional information may be obtained through either of the following offices:
Renseignements supplémentaires peut être obtenue par l'un ou l'autre des bureaux suivants :

Ms. Caroline Mark, Regional Coordinator
203 Main Street Mistissini, Québec G0W 1C0
phone : (418) 923-3942 *or* 1-866-923-3942 *(toll free/sans frais)*
fax : (418) 923-3837 • cmark@cscree.qc.ca

Ms. Andrea Kitchen, Recruitment/Administrative Officer
P.O. Box 303 Maniwaki, Québec J9E 3B1
phone : (819) 441-1101 *or* 1-877-441-1101 *(toll free/sans frais)*
fax : (819) 441-0869 • akitchen@ireseau.com

Hydro Québec

upgrading and on the job training.

- There is also an employability measure with job creation, youth initiatives and self-employment assistance.

The program has been very successful in recent years, having helped 457 clients when it first started in 1999-2000, to more than double (1,072 clients) that number in 2001-2002.

The best way to describe the program comes from one of the employment counselors, Donna Lemay: "At the Urban Strategy office, we have a mission to determine the employment and training needs of the Inuit and First Nations clients living in urban areas. We are also there to take action to meet peoples' needs and to ensure that urban clients are able to integrate into the labour market."

Some of the services offered include: a documentation centre, vocational and academic information, counseling, information sessions, job search techniques, action plan development, as well as reference and placement.

Urban Strategies had been made possible back in 1999 following an agreement signed by the Assembly of First Nations of Quebec (AFNQL) and Human Resources Development Canada (HRDC). Its goal was to optimize services for all Quebec First Nations clients, and allow for easier access into the workforce.

Some of the jobs into which Aboriginal people have been placed through Human Resources include: communication agent, youth program coordinator, computer technician, journalist, programmer analyst, project manager, and account executive manager.

One of the people who found a job through this initiative was Tim Stringer from Waswanipi. He was able to get the proper training to become a firefighter. Stringer feels that without the funding provided by FNHRDS, he would not have been able to afford the training.

His next move is to go to the Cree communities and help with training and upgrading of skills. He said he is willing to go to any community where he's needed.

One of the most rewarding parts of the program is the fact that it has acted as a connection to get back home. "I think it's great, they're giving a lot of people a chance to give back to the community," Stringer said. "For myself, I didn't live in Waswanipi long, but it's bringing me more in touch with it now."

Another Cree who benefited from the help she received was Jeanette Rojas. She used the program to upgrade her French speaking skills. Because of the help she received, she says she would recommend it to anyone.

The only problem, Rojas notes, is a lack of funding. This is something Lemay and her colleagues are working on.

"For sure our biggest need is more funds," Lemay says. "Each year we are getting more clients and if we have more finances, we could put more clients on measures. We are still new and we are trying to improve our services each year."

Urban Natives who are interested in this program should contact FNHRDS at 514-283-0901.

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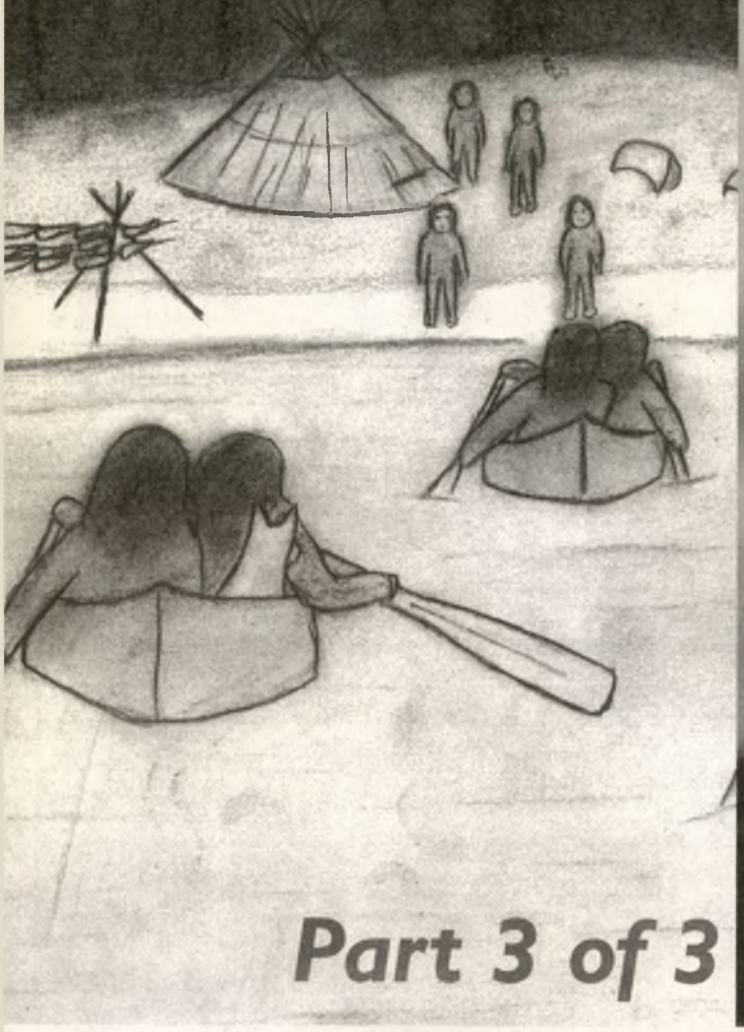

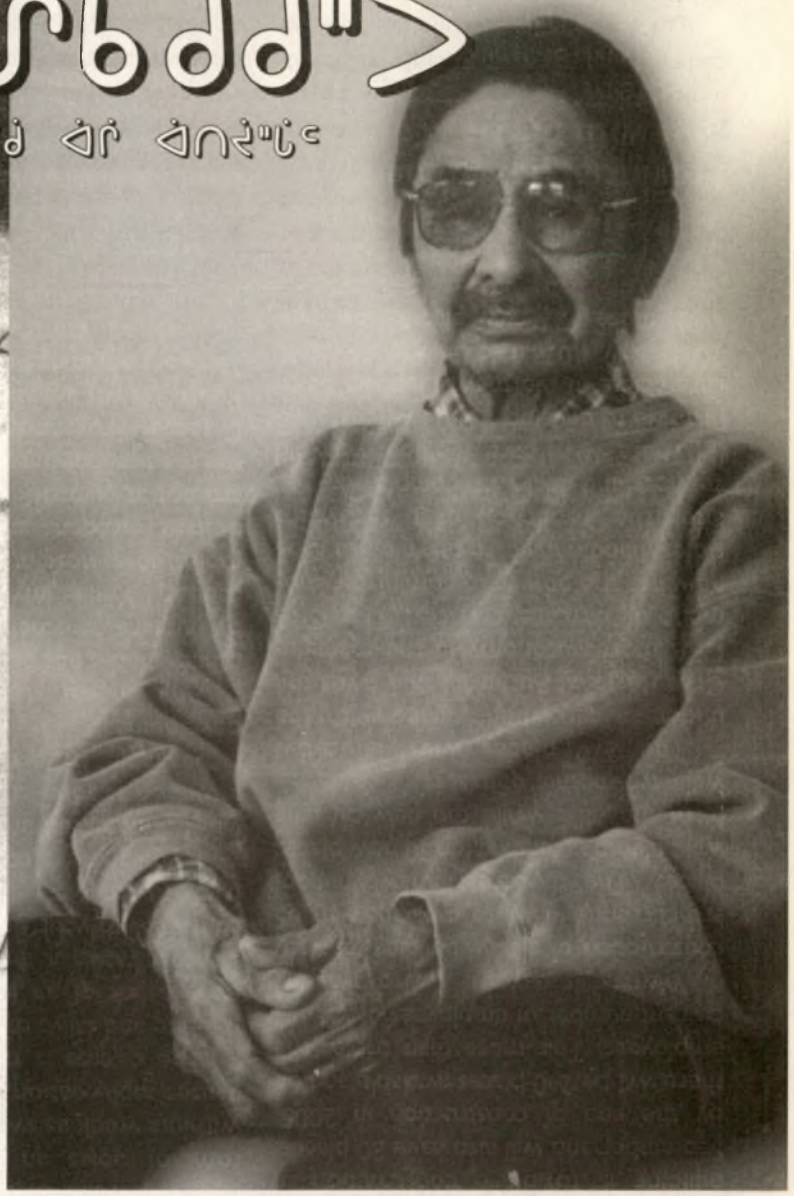

Part 3 of 3

ᑲᑦᑕ ᐊᓂᑦ. ᐊᐱᒪᐠ ᐊᓂᑦ ᑲᑦᐅᔨᖏ. ᐊᕆ ᑭᐠᑦ ᐊᓗᑦ ᑲᑦᐅᔨᖏ ᐅᑦ ᐅᐠᐃᒋᒧᐠ. ᐊᔪᑦ ᑭᐠᑦ ᑭᑦ ᐊ ᐃᑦᑕᔨᖏ ᐅᑦ ᐅᒋᓂᐠᐊᐠ ᑲ ᐅᑎᔨᑲᑯᑲᓗ. ᐊᓐᑕᑦ ᑭᑦ ᐅᑦ ᐊᐠᐊᐠ ᐅᑦ ᐊᐠ. ᑕᑦᑲ ᑭᓐᔨᒪᐠ ᑎᐠᐃ ᑐᐊᖏᑎᓐᑯᔪᑦ ᐅᑦ ᑐ ᐊᑎ ᑎᐱᓐᑲᑎᓐᑯᔪᑦ. ᐊᑎᓂᒧᓂᑦ ᐅᑎᒋᓂᔨ. ᐊᔪᔨ ᐊᓂᑦ ᑎᐱᓐᑲᑎᓐᑯᔪᑦ, ᐃᑕᒧᓂ. ᑭᑦ ᓂᓐ. ᑭᑦ ᑭᔨ, ᐃᑕᒧᓂ. ᐱᒋᑎᑕᐃᒧᓂᑦ, ᐊᓂᑦ ᑭᓐᑐᒧᓗ, ᐱᒋᑎᑕᐃᒧᐠ ᐊ ᐃᔨᓂᖏᑕᑦ, ᐊᔪᑦ ᑭᔨ

They paddled their canoe to a different area. The old man watched as the young man paddled away. Far off into the distance, the old man saw them beach their canoe. The man and his wife set up their teepee. The young man knew that Grandfather would be after him that night. The young man called upon Owl and Goose to be on lookout. Owl perched on top of the teepee and Goose perched on the door flap stick. The young

Kaa Utishikaakukuhpuu

Told by Sandy Masty
Translated by Brian Webb

ᐊᑯᔪᓐ ᐅ ᐅᖏ ᓂᑐᐊᐳᓵ, ᐃᑕᑭᓇ. ᐋᑊ ᐅ ᐅᖏᑎᓕᓐ ᐅᑎ ᑎᓵᑐᖅᐃᑭᓂᖅᓴ. ᐋᑊ ᐅ ᑯᐃᑯᖅᐊᑦᓴᓂ, ᐱᖅᑎᑭᒥᓴ ᑎᓄ ᑎᑭ ᐃᖏᑕ, ᐃᑕᑭᓇ. ᐅ ᐊᑯᔪᓄᓵ ᐅᑎ ᐊᑲᑲᓂᐱᓐᓴᖅ.

ᐋᑊ ᐊ ᐊᑎ ᐅᑲᓄ. ᐊᑲᑲ ᑭᐊ ᑭᓯ ᓇᓵᑎ ᑭ ᓂᓯᓂ. ᑕᓯ ᐃᕕᓄᖅᑎᓗ ᑎᒋ ᑯᔪᒍ. ᑯᔪᒍ", ᐃᕕᓂ ᐅᖅ" ᐃᓂ". ᐱᒋᔪᓐ", ᐃᕕᓂ. ᐋᑊ ᐃ ᐅ ᔪᑲᑊ, ᓄᑎ ᐃ ᓇᓇᑎᑯᔪᓐᒪᓕᑦ ᑭᓯ ᐅᖅ ᐃᑭᓄ. ᐊᐅᑊ ᐋᑊ ᐅ ᑲ ᐅᑎᔪᑲᑯᑯᓐᓴ. ᐅ ᓂᐱᐃᓗ ᐅᑎᓂᓂᓯᓂ", ᐃᕕᓄᓕᓂ. ᐅ ᐱᒪᓐᒋᑎᓗ, ᐃᕕᓄᓕᓂ. ᓄᑎ ᐃ ᐸᒋ ᓇᓇᑎᑯᔪᓐᒪᓕᑦ ᐅᖅ ᐃᑭᓄ. ᓂᒥ ᑎ ᐃᓐᔭ. ᓂᒥ ᑎ ᐸᓓᑎᓐᑭᒪᐅ ᐅ ᔪᑲᑊ. ᐃᓄᐱᒪᑦ ᐅᖅ" ᓇᑎᐊᐳᓵ" ᐊ ᐊᑯᔪᓄᓵ" ᐅᑎ ᓂᓐᑲ" ᐅᖅ" ᐅᖏᑎᓕᓐ". ᐱᔪᑊ ᑯᐃᔭ ᐃᑐᐊᑦᓂᓐᒪᓕᑦ ᐅᖅ ᐃᑭᓄ. ᐋᑊ ᐃᑭᓄ ᐅᖅ ᐅᑎᔪᑲᑯᑯᓐᓴ. ᐅ ᓂᐱᐃᓗ ᐃᑭᓄ

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ᐊᐢ ᑲᑊ ᐅᕆ ᐅᑎᔨᔨᓪ, ᐃᓗ ᐊᑎ ᐊᓐᕈᑯᔨᑊ ᐋᓐ ᐅᕆ ᓴᓐ ᐱᕆᓀᓗᑯᓂᕐᑊ ᑲ ᐋᐱᓂᕐᑊ, ᕈᕆ ᓴᓐ ᕈᐢ ᕿᐸᕈ ᐸᐟ"ᖏᐅ"ᖏᐊ ᐃᔨᓂᑦ ᐊᓀᑦ ᐊᖏᕈ"ᖅᑊ ᐅᑎ ᕿᐸ ᐱᐟ"ᑎᑭᕈ"ᖅᑊ ᐃᓗᑊ. ᓴᓐ ᑭᑎ ᐸᕈ ᐱᓯᓐᕈᑎᐢ, ᐃᔨᓂᑊ. ᐊᕐᑲ ᐅᕆ ᐊ ᐃᑎᓐᕈᓐᕈᑯᔨᓪ ᐅᕆ ᐸᕈ ᐸᖏᐅ"ᖏᐅ"ᖅᑊ. ᐊᐢ ᐊ ᐃᓂᓐᖏᐱ"ᑦᓪ. ᐊᖏ, ᑦᐟ ᐊ ᐃ"ᑎᔨᐢ, ᐃᓯ ᐋᐊᓂᓐᖏᐱ"ᑦᓪ.

ᕈᕆ, ᐸᑎ ᓂᔨᖏᓐᑐᑐ"ᑐ ᑯᐃᑯ"ᐊᖏᓄᐢ. ᑯᕆᓐᑯ"ᑐᑦᓪ. ᐊᐢ" ᐊ ᐊᑎ ᐃᐃᑎᔨᓀᑦ ᐅᕆ" ᔨᖏᐢ". ᓀ"ᐊᐢ ᖏ ᐃ"ᑐᑐᐊᑦᓪ ᐋᓂᓂᕐᐢ" ᖏ ᕈᐳᑎᕆᐸᑦᓪ, ᓀ"ᐊᐢ ᖏ"ᑐᐊᑦᓪ ᐅᕆ" ᐱᐟᑦᓪ ᐃᓐᑎᔨᓀᑦ ᐅᕆ ᐸᑦ ᐃᓐᑎᔨᓀᑦ. ᑎᕆ, ᐸᑎ ᐅᐃᑯ ᐅᕆ ᐊ ᐃ"ᑎᓀᓂᕐᐢ, ᐊᖏ ᐋᓐᑦ ᐊᐟᒪᑊ ᐅᕆ ᐃᑕᒪᐅ"ᑯ"ᐢ ᖏ ᐱᐟ"ᖏᓂᕐᐢ". ᑕᐳ ᒪᔨᓪ ᐊᓀᑦᑕ ᐃᓕᖏᓂᕐᐢ" ᐊᓀᑦ ᐃᐃᑯ"ᐊᖏᓄᐢ. ᐊᓀᑦᑕ ᐊᖏᕈ"ᖅᑊ, ᐊᑯᑕ ᐃᑕ"ᑊ ᐃᐃᑎᔨᓀᑦ. ᖏ ᐃᐃᑎᔨᓀᑦᓂᐢ" ᐊᓀᑦᑕ, ᑕᐳ ᓂᑐᐃᓀᑦᓂᐢ" ᐊᓀᑦ ᖏ ᐃᓐᑎᔨᓀᑦ ᐅᕆ" ᐃᓐᑎᔨᓀᑦ. ᐊᐢ ᐊᓀᑦ ᐃᐃᑎᔨᓀᑦ ᐅᕆ" ᐃᓐᑎᔨᓀᑦ ᐅᕆ" ᐃᓐᑎᔨᓀᑦ ᐅᕆ" ᐃᓐ

Wolverine pounced onto Giant Skunk. He clamped onto Giant Skunk's scent gland and viciously dragged him out. Giant Skunk didn't have a chance to spray the young man. Owl and Goose were very noisy. The fight continued outside. The young man knew Wolverine was defeating Giant Skunk. They could all hear the sound of ripping outside.

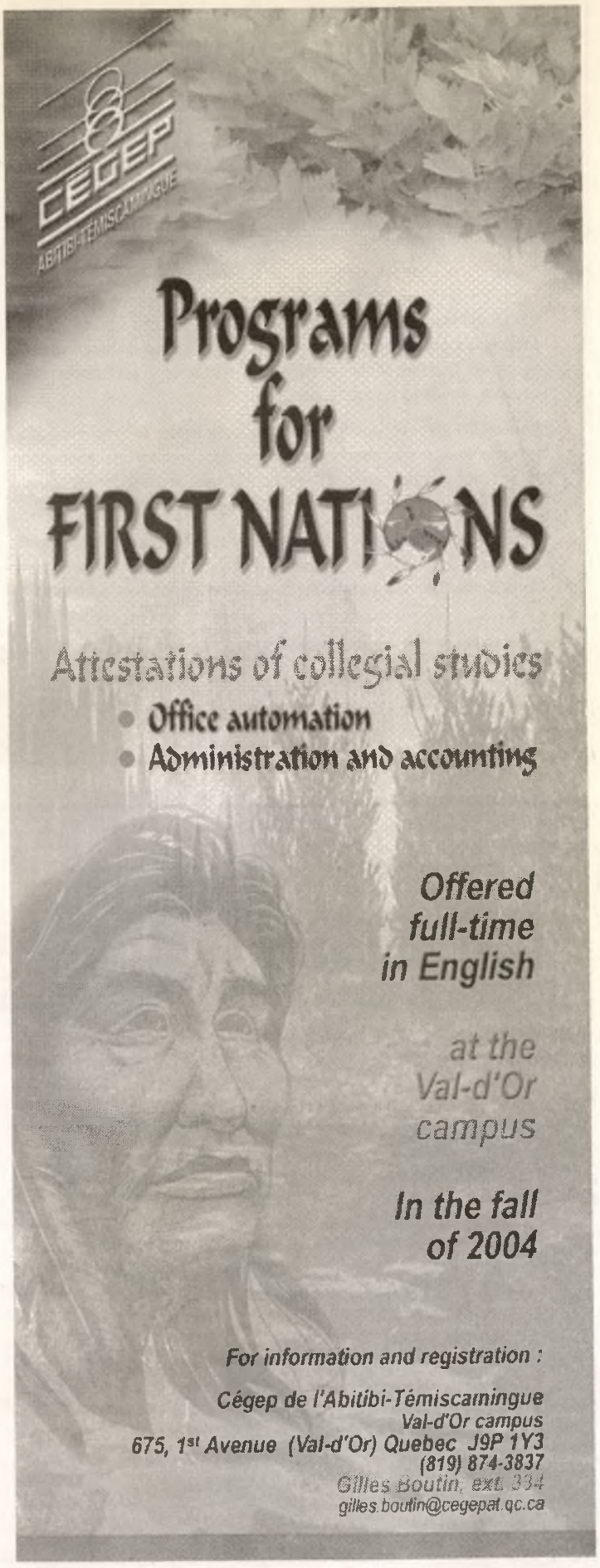
Back at the main camp, everyone settled in for night. As the light of the fire died down, Kaa Utishikaakukuhpuu suddenly fell ill. He was already near death. All his sons got up. His oldest son remembered what he had done before, trying to poison the young man. "You see? I'm sure it's getting back to you now."

His son was really arguing with him even though Kaa Utishikaakukuhpuu was almost dead.

"Shut up, my son. I'm very close to leaving you behind." His sons told the other people at the camp and they came to see the old man. Everyone saw that Grandfather was in really bad shape. It was because he was being attacked by Wolverine at the young man's camp. Once Wolverine ripped apart the Giant Skunk, the old man Kaa Utishikaakukuhpuu was dead. They watched as the old man died. Dawn still hadn't broke and Kaa Utishikaakukuhpuu was dead.

In the morning, the young man got up with his wife. The main camp was in view across the water. As the sun rose, the main camp signaled the young man by making a big smoke. The young man said to his wife, "I think they're trying to get our attention. They must want us to return. Maybe a caribou was killed and they can't start the feast until we've arrived."

Both of them saw the shredded skunk hide all around their campsite. They quickly took down their lodge and loaded their canoe. The brother-in-law



A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ◆◆◆

ᓂᑐᐤᐦᑯᐣ ᑭᔅ ᐊᑭᐢᐃᐊᐧᐊᐣ ᐊ ᓇᓇᑭᐢᑕᑭᓂᐧ

The Cree Board of Health & Social Services of James Bay

Protect yourself and others from Sexually Transmitted Infections and HIV-AIDS

Sexually transmitted infection (STI) affected over 140 Eeyouch-Eenouch last year in the James Bay Territory, particularly young adults. **About one in each ten women under the age of 30 was infected by chlamydia (an STI).** This is 10 times more than in southern Quebec. This situation is a matter of great concern and urgently needs to be addressed.

Some STIs are: HIV-AIDS, chlamydia, gonorrhea, syphilis and hepatitis. Sexually transmitted infection can be spread from one person to another through sexual contact and in some cases through blood contact (e.g. sharing needles when doing drugs).

Unfortunately, many people with STIs don't have any symptoms, and may not know they are infected. If they have sex without using a condom, they will pass along their infection to their partners.

Everyone who is sexually active is at risk. The best ways to prevent the transmission of STIs:
- to learn about these infections,
- to use condoms for each sexual relation,
- to limit the number of sex partners and
- to get tested on a regular basis if you are sexually active.

The more partners you have, the greater your risk of catching an STI and maybe exposing yourself to HIV.

More information on STIs is available at your local CLSC. Health professionals are available for you if you have questions concerning sexual health.

Did you know?

Repeated and untreated infections with chlamydia or gonorrhea can lead to serious health problems, such as infertility.

"Striving to maintain and promote the health of our people"
Miyupimaatisiwin aa uhchi pimipiyihtaakinuwich utih iiyiyuu aschiihch

Direction de santé publique des Terres cries de la Baie James
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watched and anxiously waited at the main camp. He feared that Grandfather might have killed him. He was glad to see both the young man and his wife paddling back.

As the young man and his wife paddled towards the encampment, his brother-in-law went down to the shore to meet them. His brother-in-law called out, "I have very bad news to tell you. Grandfather has left us last night. He was already gone before the break of dawn." The young man replied, "That sure is very bad news." His brother-in-law continued, "Grandfather was perfectly fine last night. But he was already dead before the light of dawn. That was how suddenly he died." The young man didn't bother to explain his ordeal with the giant skunk during the night. The evil Kaa Utishikaakukuhpuu was finally dead. This is how much I know of this legend.

Translator's Notes: Kuikuhaachaau is the Cree name for the wolverine. Kuikuhaachaau is also the legendary hero who vanquished another giant skunk in another legend.

We acknowledge the support of the Canada Council for the Arts which last year invested $21.7 million in writing and publishing throughout Canada.

Nous remercions de son soutien le Conseil des Arts du Canada, qui a investi 21,7 millions de dollars l'an dernier dans les lettres et l'édition à travers le Canada.

A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ◆◆◆

ᓂᐯᐦᐃᐧᐃᑲᓐ ᑭᔅ ᐊᑭᐦᐃᐧᐃᐊᐧᐊᐧᐃᑲᓐ ᐊᐧ ᓀᓀᑭᐦᑕᑭᓄᑦ

The Cree Board of Health & Social Services of James Bay

BEING OVERWEIGHT

is the most serious health threat in Eeyou Istchee.

Did you know:

- *9 out of every 10 Cree are overweight. Oujé-Nemaska environmental study, 2003)*
- *Studies in non-Cree have shown that people who are **obese died 6 -7 years sooner** than people with a healthy weight!*
- *Being overweight increases your chance of having high blood sugars or diabetes by 10 times!* (Diabetes screening project- Eastmain, Waswanipi 2000)

Here are some suggestions to take control of your health:

- ✔ Walk or be active 30 minutes daily, with your partner, children, friend or dog.
- ✔ Leave your vehicle at home, walk instead.
- ✔ Learn about healthy eating by talking to the Nutritionist or the CHR at your local health clinic.
- ✔ Drink water instead of Ice Tea or pop, or when you are hungry.
- ✔ Join and work out at your local Fitness Center.

If you are a parent, set an example for your children. Show them how to eat healthy and live an active life.

MANY Eeyouch have taken responsibility for their health by eating healthy and starting physical activity. Many have succeeded in losing weight.

Speak to someone you know who has succeeded in making healthy changes to take control of their own health and learn from their experiences, or call your local clinic for more information on healthy living.

"Striving to maintain and promote the health of our people"
Miyupimaatisiwin aa uhchi pimipiyihtaakinuwich utih iiyiyuu aschiihch

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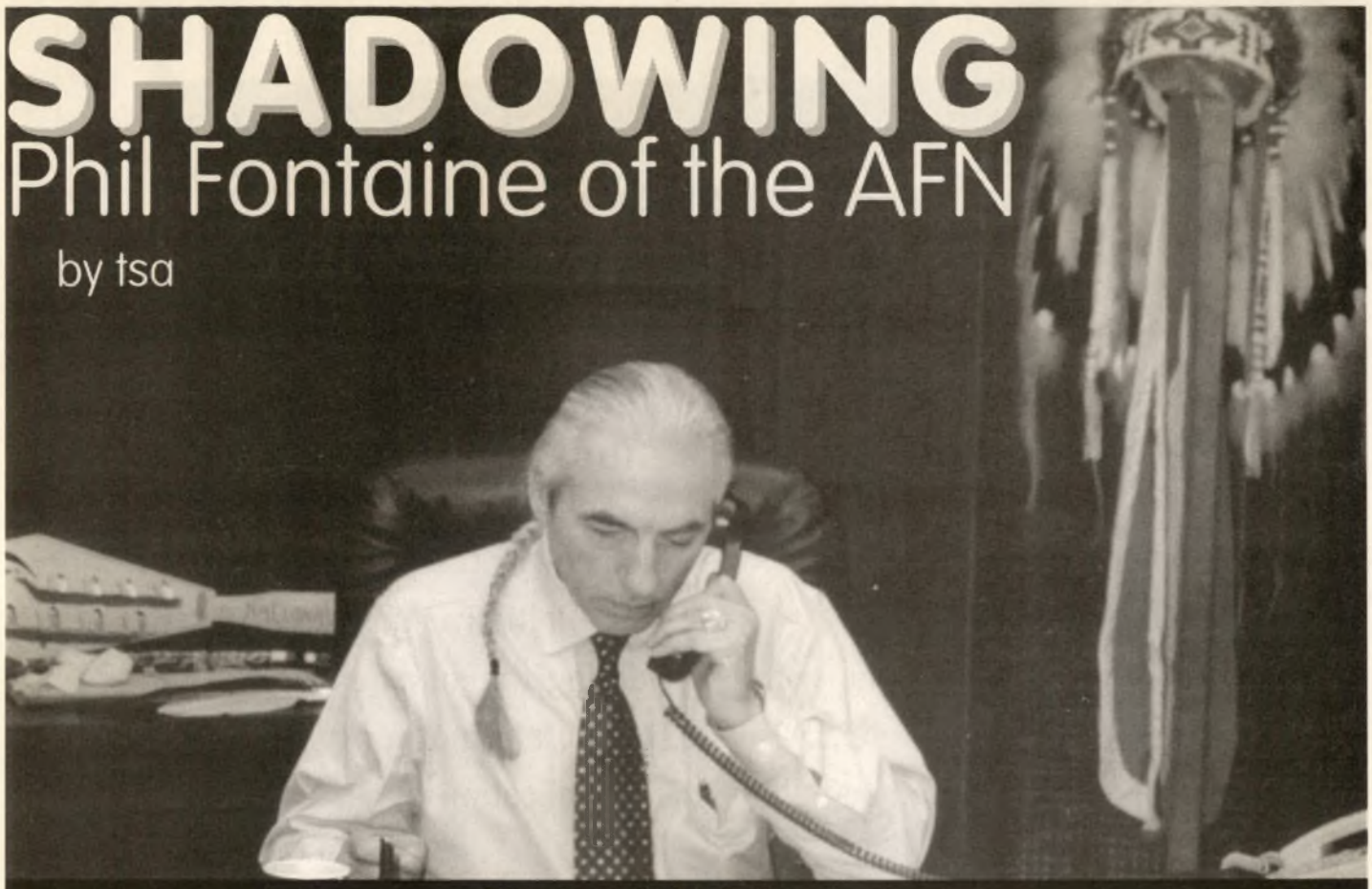
SHADOWING
Phil Fontaine of the AFN

by tsa



Phil Hard at Work after the Throne Speech

Photos Credit: tsa

With a mix of platitudes like "no new taxes," spins such as "I didn't inhale" and lies like "I didn't know anything about it," the world of politics is somewhat of an enigma. People can't help but feel a general mistrust for those who have not lived up to their election campaign promises. But still we hope because there are some political leaders who have earned the respect of people around the world, including Pierre Elliot Trudeau, John F. Kennedy, Martin Luther King Jr. and Phil Fontaine.

I had the chance to speak with Fontaine one day in 1999 after finishing university, jobless and directionless. He asked what my goal in life was and I told him that when I was younger, I had wanted to end apartheid, but since that was over, I didn't know. He looked at me seriously yet with a smile and simply said "but apartheid isn't over".

That comment has stuck in my head as a sort of beacon and I have followed his career from afar with a critical eye. One can read background material about him and get a feel for who he is but that won't tell you what he's doing on Parliament Hill. And while a history lesson on the AFN can be very informative, it also doesn't answer the question of what the National Chief is doing for the people he is said to represent.

Despite being well respected by many, there are many others who have expressed doubts about the current National Chief: that he's too cozy with the federal government, that he's too soft, that he's not Native enough, that he's not confrontational enough, that he's spending too much money, that he's not asking for enough money, etc. So I went to Ottawa to observe Fontaine in his AFN habitat for one day to see what he's doing.

It was Monday, February 2nd, the day of the Throne Speech and much activity was afoot. There was a lot of interest in AFN and First Nations reactions to the speech from both mainstream and native media. Chiefs from across the country were in town as a show of support, some requesting private meetings, plus there were other organizations and individuals showing up at the office, hoping to speak with Fontaine.

The modest AFN headquarters is situated on three floors in an unassuming building just to the east of Parliament Hill. The National Chief receives guests in his office, which is also a conference room. Off to one side there is an oval table with 10 seats; in the back is a simple desk with telephone and a small wall cabinet; and as you walk in, you pass a couch and television. On one wall are framed eagle feathers with notes of thanks from Chiefs, the signed AFN National Chief oath hangs facing the desk and three other walls have First Nations artwork on them. It is a bright, pleasant office that serves its purpose without any superfluous decorations or extravagant furnishings.

The first meeting was with representatives of the Aboriginal Nurses Of Canada organization. They wanted to know if Fontaine had any ideas for how they could continue to work together. Fontaine noted some of the positive and negative things, including the $2 billion recently transferred to each province for health care and the fact that the Romanov report had not one reference to Native health. After about 15 minutes, the reps were put in the care of the AFN Health Secretariat to hash out some details.

Two members of the AFN staff then came to discuss upcoming plans and meetings, website ideas and the throne speech. The AFN was given some insider information from allies on Parliament Hill as to what the speech would contain. Not want-

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Canada

Phil and his Communications Advisor on their way to the hill for the Throne Speech

ing to burn bridges with any allies, there was a lot to consider regarding the response to the speech. Afterwards, I had the chance to read an open letter to all First Nations people from Fontaine that was printed in *Aboriginal Times*, where he says: "I make no apologies for a willingness to work with governments, business, industry, non-governmental organizations or international organizations – any group that can assist us in moving forward…I am committed to using all avenues to effect real change and obtain real results."

He then met with chief Stewart Paul of Tobique First Nation of New Brunswick, who wished to discuss the throne speech and the situation in his community. He told of how his community was already $15,000 over budget for repairs to houses because of an outbreak of mould. He asked about lobbying for forgiveness of Native debts, pointing out that the government had forgiven a $1.75 billion debt to Iraq but was banging down the doors of First Nations for repayment of much smaller debts that were the result of underfunding to begin with. Fontaine told the Chief that there was someone in the mix who was going to be lobbying for this and asked to speak with him later in private.

Private meetings with staff followed. An hour later, as we walked to Parliament Hill, Fontaine was visibly impressed after meeting with a Native rocket scientist who had invented a cooling system for NASA's spaceships. It's an achievement the National Chief wants to build on for the future, pointing out that there are so many outstanding people in First Nations communities and it is them who push us all forward.

For the speech in the Senate, Fontaine sat with the presidents of the Metis National Council and the Inuit Tapiriit Kanatami, (the national Inuit organization in Canada) in a show of solidarity and support. After the speech came the media scrum, where local and national media scrambled to catch reactions to the speech. With a few last-minute notes from his communications advisor, a CTV interview was first. They clipped a microphone on him, patted his face with translucent powder and counted him down to a live feed. From there it was over to another live interview, a taped one with CBC, radio people then swarmed him for 10 minutes and a final interview with APTN.

The same questions were asked: how he felt about the speech, what was lacking, what was pleasing, is he optimistic, how does he feel about the new Prime Minister, etc. He answered each question with poise, patience and careful thought. Not once did he become flustered, upset or angry.

After it was over, Fontaine feared he had forgotten to mention that what was in the speech was the result of much collaborative effort on the part of the AFN staff and their allies, (which he did mention in at least one interview I overheard). His advisor assured him he had done a great job. On the way out, many senators and MPs stopped Fontaine just to say hello. He also ran into Six Nations Chief Roberta Jamieson, whom he beat last summer for the position of National Chief. The two talked, laughed and shook hands.

It was 6:30 pm when Fontaine returned to the office. Despite wanting to go to the gym, and looking very tired, he called in the experienced senior staff of the AFN to have a debriefing and go over the next plan. He thanked me for coming and told me to come back any time.

His average workday is 14 hours and includes weekends. Other things that he does, I'm told, include reading newspapers and other media containing First Nations content every morning; trying to get meetings and meeting with anyone who wants to and can help the First Nations; visiting First Nations communities across the country, asking what they want and need from the AFN; returning phone calls and reassuring people that there will always be hope.

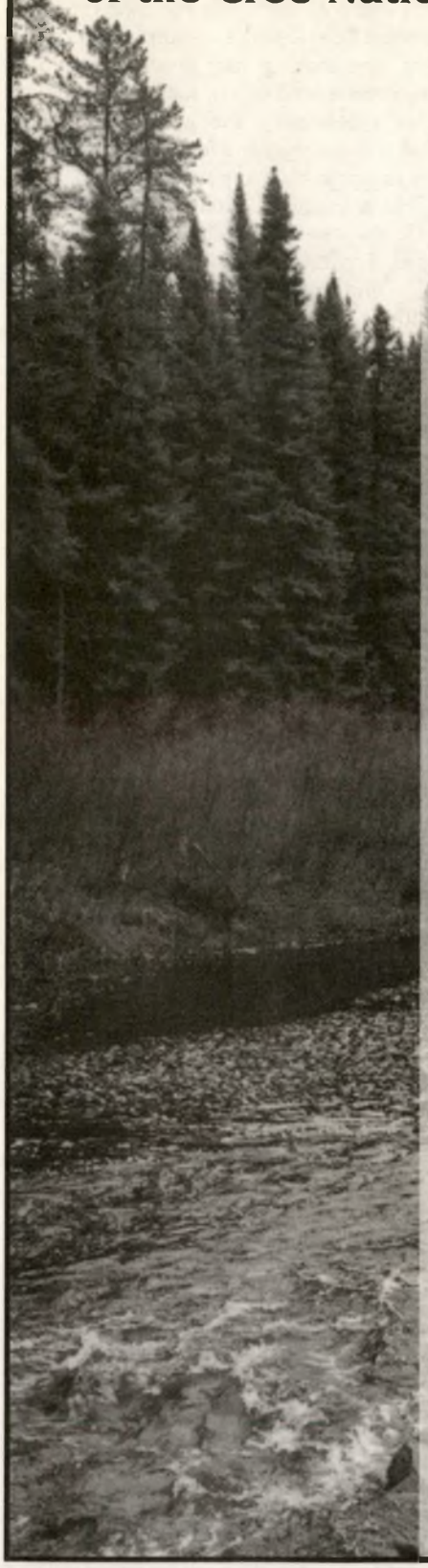
I asked him only one "interview" question at the end of the day. Why? Why do this I asked, when the hours were so long, there was so much pressure, so little glory and not much money. He looked at me with a somewhat confused look on his face, as if I'd said something funny or obvious. "It's worth doing. What we do here affects so many people. If we do our jobs well then it means good things for the people we represent. We can't be mired in thinking that things are so bad or so desperate that there is no way out. If I believed that things were so bad then I wouldn't be in this business."

And with a questioning nod of his head, checking to see that I understood him, that was all he would say about it.

Phil Fointaine, Roberta Jamieson & an AFN Policy Advisor

Open Letter

to the Community Members of Waswanipi and to all citizens of the Cree Nation from Grand Chief Dr. Ted Moses.



I write to you all with a very heavy heart during these difficult times. Upon receiving the news of the loss of an elder and the tragic event involving a child my heart went out to the families and your community.

Our strength and our vulnerability lie in the fact that our culture holds wisdom and innocence as sacred. With these two events it feels as though we have lost wisdom and innocence and that leaves us with feelings of loss and vulnerability right now.

It is always difficult to loose an elder because they represent such a wealth of spirituality so that when they are gone we can't help but feel that we have lost so much. However, as time goes by we recognize that this is not the case as we discover the different manners in which the elder passed on their wisdom, at the kitchen table with a son or daughter or around the fire with grandchildren, nephews or nieces. As we share stories about them we begin to see how our elders, those who have gone on ahead of us or those that are still with us constitute the fabric of our communities. If we remain true to ourselves we will never loose all that our elders have to offer us whether they are with us physically or not. Despite all of this there is still a sense of loss and the families and the community have my sincerest condolences for this.

The loss of innocence is also difficult but harder to accept, because we cannot find what could have been and the innocence of every child is as special and unique as everyone of our children. Because of the difficulty in accepting what has been lost we all feel a sense of frustration, fear and anger. To over come these feelings and come to terms with what has been lost will not be easy, we will have to come together, support and care for one another as individuals, as families, as communities and as a Nation. My heart breaks for the family and they will be in my prayers.

Our children are our future, without them we would cease to exist. They are a gift which as a people we have been entrusted with and this demands that we be vigilant to protect them. We must always face the challenges to the safety of our children we cannot deny them if we are to hold them back.

My wife Elsa and I will pray for young Khayden Otter, for elder Nancy Otter, elder George Dixon, Mrs. Lillian Gull-Blackned and for their families and for the community of Waswanipi. I call on all of the Cree People to draw upon our time honoured strength to help the people of Waswanipi in this time of need. I ask you all to pray for them. May god bless and care for you during these trying times.

Grand Chief Dr. Ted Moses, O.Q.
Grand Council of the Crees (Eeyou Istchee)

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Administration regional Crie

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(Eeyou Istchee)
Grand conseil des Cris
(Eeyou Istchee)

C.R.A.
A.R.C.

A brief history of Native politics in Canada by tsa

An aboriginal Sculpture embedded in the Parliment Building

The Assembly of First Nations (AFN) has been an institution since 1969, having the original goal of correcting past injustices and enhancing the rightful position of the First Nations Peoples in Canada's future after years of being excluded from the political process. But the AFN is not the first organization of its kind, there were previous attempts to achieve a national presence in spite of the 1927 Indian Act that forbade First Nations people from forming political groups and engaging in any political activity.

The first to try was the League of Indians in Canada after World War I, but they faced too many suppressive government actions. Then after WWII the North American Indian Brotherhood came into being and met with the same suppressive tactics coupled with internal factions. Then in 1961, the National Indian Council was formed as a national lobby group, but excluded the Innu from membership. Since then, the First Nations of Canada have had a national lobby group in Ottawa. The purpose of the National Indian Council was to promote "unity among all Indian people." But that unity was hard to find as each group wanted different things.

The group split amicably in 1968, with Status and Treaty Natives forming the National Indian Brotherhood (NIB). Immediately they were put to the test by the Liberal governments' 1969 White Paper policy, which called for the assimilation of all First Nations peoples into the mainstream of Canadian society and the removal of First Nations from the Canadian Constitution. It was a policy that the NIB successfully defeated through lobbying on Parliament Hill and the general public.

In 1982, the NIB underwent a structural change and a name change to reflect the commitment and accountability to the community members. It went from being an "organization of representatives from regions," to an "organization of First Nations government leaders" under the name the Assembly of First Nations. The new structure allowed leaders to formulate and administer policies of the AFN through their position as a Chief in the First Nations-in-Assembly.

The AFN has become a powerful and articulate lobby group for Aboriginal rights in Canada. It is the national representative organization of the over 630 First Nations communities in Canada.

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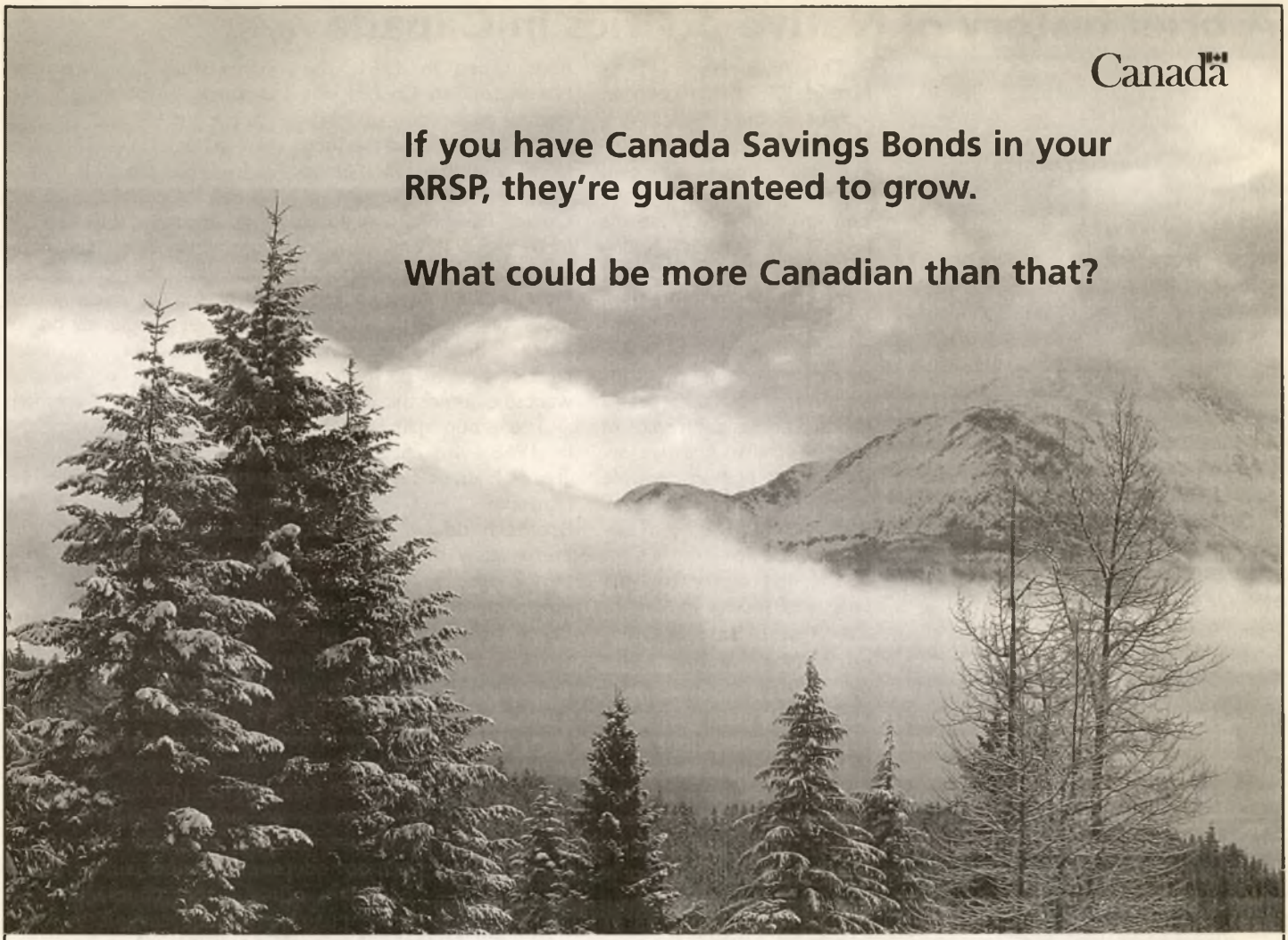

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UNDER THE NORTHERN SKY

A DAY ON THE ICE

by Xavier Kataquapit

I am fourteen years old and my dad Marius and my younger brothers Paul and Joseph and I are heading out onto the river for some ice fishing. It is not a long ride on dad's powerful long track Bombardier Cheyenne snowmobile. We are heading to a location close by at the main channel of the Attawapiskat River in front of the community. He is towing us in a toboggan with some fishing gear, an ice auger and an ice pick on a long pole. We are only going out for a few hours to set some lines on the ice to leave them over night.

This is a teaching trip and my brothers and I are learning about a traditional method of baiting for fish under the ice. It is a special day for all of us as this is one of the few days that dad has actually set aside to spend time with us. Most days he is busy taking care of a family business and trying to earn enough income to support our large family.

It is a mild day compared to the extreme cold weather we have faced for the past few days. The overcast sky is grey and it reflects a subdued light over the ice and snow. My brothers and I are dressed in our warmest winter clothes. We are wearing snowpants, light parkas, mom's moose hide mitts and our hooded parkas. The weather is mild enough for us to expose our heads from our parkas as we drive across the ice and snow.

A few kilometres down the river from the community dad stops at what he estimates to be the deepest part of the river. He parks the snowmachine and directs us to bring out the auger to start work right away. My brother Paul clears a spot on the ice with a shovel and dad starts twisting the auger into the hard ice. We take turns turning the auger and drill away at the two foot thick river ice.

Dad works quickly at trying to get through the ice. He is getting older but he still has an enormous strength that he has developed over years of living on the land. As we drill into the ice, he tells us stories of what he had to go through to find food when he was younger. He describes bitterly cold days when all he had was an ice pick to make his fishing hole.

You have to remember that back in the 1960s and 70s the Cree on the James Bay coast did not have many of the tools and equipment available in southern communities. Many people still lived off the land. An ice pick was a prized possession as it was used to cut through the ice and provide access to fish. In cold weather, ice gloves or mitts can make holding the pick slippery. Many people lost ice picks in the water by losing grip of their pole and thrusting it into the water. When my people depended mostly on hunting and fishing to feed their families, the loss of an ice pick was serious and more so if one was far from the community and on a quest for fish.

Dad tells a story of fetching for water one day while trapping on the land by himself. He had cut a hole with an ice pick near his camp. He drew his water from this hole. One day while stopping at the hole for his water he had to use his axe to chip away at a layer of ice that had formed. He lost his grip and the axe slipped into the lake. Thankfully, he had an additional axe with him. He pointed out that life was so severe in those days that if he had not had an extra axe it would have made it very difficult to keep warm. Without an axe it was a huge chore to find wood for the fire.

On our day of fishing we cut several holes over a period of about an hour. Dad set large sized hooks with strong bait lines into the water. The lines are tethered to a long stick which is laid flat on top of the ice to keep it in place. We then cover over the holes with snow and mark the locations with small pine trees.

We take a break and I wander off a few yards away from the group. The snow crunches under my feet as I stand on the ice covered mighty Attawapiskat River. I look back and see my dad and brothers preparing to head home. I am happy we are here today. Except for the snowmobile this day could be happening at any period over the last 100 years. I think of my grandfathers and I imagine them out here with their children long ago and it makes me feel good.

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The *Commission scolaire de la Baie-James*, is proud to be a *Cree School Board's* partner and participate at the education and traning for the First Nations living in Northern Quebec.

Plusieurs formations ont déjà été dispensées :
- Sciage à Waswanipi;
- Tenue de livres à Chibougamau
- Boucherie à Mistissini
- Secourisme à Mistissini
- Conduite de camions à Chibougamau
- Mécanique automobile à Wemindji
- Mécanique de véhicules légers à Waskaganish
- Menuiserie-Charpenterie à Waswanipi

Several trainings have been dispensed :
- Sawing in Waswanipi
- Book-keeping in Chibougamau
- Butcher'shop in Mistissini
- First aid in Mistissini
- Truck driving in Chibougamau
- Automobile mechanics in Wemindji
- Light vehicles mechanics in Waskaganish
- Carpentry in Waswanipi

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Commission scolaire de la Baie-James

CLASSIFIEDS

100-BIRTHS

We would like to say congrats to Olivia & Jerry Matoush on the birth of their baby girl named Jerilyn Jane Matoush born on January 22, 2004 in Val d' Or. Hey guys take good care of your baby girl allright. Hey Reshawn you have a baby sister....nah to play with when she grows up. Can't wait to see her. Hope I will be going to see her soon. Once again congrats to you both. Fr: your aunt SMS & EGS (Wemindji)

I want to congratulate my neice Shawna Lameboy and her boyfriend George M. Hester on the birth of their beautiful daughter SHALAWNA GEORGIA ANGEL LAMEBOY-HESTER, born on Feb. 1st, 8lbs 7oz at 9:34pm. I love you guys and take care of your beautiful angel. Love ya with love your auntie Barbs (Wask)

We want to congratulate Nellie Bobbish in the birth of her son, Quinton Frederick K. Bobbish born on January 06, 2004 in Val d'or, Qc. Congratulations again. From Mary, Alice, Alan and Jimmy-Allen Bobbish. xoxo

Congratulations to Pamela Bobbish on the birth of her daughter Catelyn Faye Georgina Bobbish on January 09, 2004 in Val d'or. From Mary-Alice and Jimmy Bobbish.

101 – BIRTHDAYS

I WOULD LIKE TO WISH A HAPPY BELATED BIRTHDAY TO MY SISTER AMANDA JONAH WHO CELEBRATED HER BIRTHDAY ON JANUARY 26! ALSO A HAPPY BELATED BIRTHDAY TO MY NIECE ROSELYN GRACE WHO CELEBRATED HER 1ST BIRTHDAY ON JANUARY 1ST! ONCE AGAIN HAPPY BELATED BIRTHDAY TO BOTH OF YOU FROM: JASMINE

I would like to wish my daddy Clayton Cox a Happy Birthday on Feb 23 2004. I hope you have a lot of fun on your day. You love me so so much and I love you too much from your little girl Neebeesh House-Cox

Happy 2nd Birthday going out to Jordan James Bensen on Feb 28 "Go Shorty it's your birthday, we're gonna party like it's your birthday!" Now I can sing you that song on your b-day nah.....lol. Have a big cake so we can eat the icing. Happy Birthday "Shorty" Luv ya always from Neebeesh House-Cox

I just want to wish my daughter A Happy 15th Birthday that is NELLIE SNOWBOY (bday February 15, 2004) I don't really know what to say except you have grown to be such a fine young beautiful woman & you're fun to be with but sometimes we argue with not so important stuff anyways I still love you more & more everyday. I hope you get what you wanted for your Birthday that is a BIG HEART full of chocolates. Once again HAPPY BIRTHDAY & HAPPY VALENTINE'S DAY TOO! Stay in school & keep up the good work ok. Love always: MOM BARBARA

We would like to wish Happy 1st Birthday to our little baby sister Janelle Rachel Greta Stewart on February 9th.We love you so so much!!!!!!!!!! From: your big brothers James, John and Julien. P.S. we will always take care of you.

Happy Belated Birthday to my son Shawn on January 19th. I love you so dearly, you will always be special in my life. I cherish every day I spend with you! Love Mom in Wask.

Happy Belated Birthday to my niece Amanda on January 26th. I love you and wish you all the happiness in the world. Love your auntie in Wask.

We would like to say a Happy Belated Bithday to my Brother George J. Matoush on Feb 4th, 2004! Hope you had fun on your Birthday. Once again Happy Belated Birthday my bro From: your sister SSMS & EGS (Wemindji)

We would like to say a Happy Birthday to Leonard Matoush on February 21st, 2004. Hope you have fun on your Birthday. Once again HAPPY BIRTHDAY! X.o.X.o.X. From: Sheila & Elijah Shashaweskum (Wemindji)

Birthday Greetings going out to Allen A. Matoush On February 17th, 2004. Happy Birthday Brother. From: Sheila & Elijah Shashaweskum (Wemindji)

Happy Birthday to my Mommy on February 16, 2004. I LOVE YOU MOM! From your baby girl, ~Dabweahdamoon~ (waskaganish)

We would like to wish happy belated birthdays to two special people, Louise Icebound and to Stella Icebound their birthdays were both on November 20th 2003. Once again happy birthday!! From: Romeo, Stephanie, Toronna & Lianne Ottereyes. xoxox

We would like to wish a Happy Belated Birthday to a very special person in our lives, Corey Ryan Hester on January 21st, 2004. Happy Bithday Corey!! We love you so much! From: Paulette and your son Craydon'sh

This Birthday wish is going out to my uncle Stanley Matoush from Mistissini, his birthday was on the 16th of February. HAPPY BIRTHDAY AND MANY MORE TO COME, I love you from your niece Andrea. m. b/smith

We would like to wish a Happy 5th Birthday to Skyler Gull Blacksmith on February 19th, 2004. We love you very much and hope you get a lot of "surprises!"Love Grandma, Emily Jane & Andre.

I personally would like to take this time to wish my mother, Winnie Bosum in Ouji-Bougoumou a happy…Oh I don't know from here…anyway, its never too late to wish you a birthday greetings. Mom I also wanna thank you for everything that you have done from me. On my struggling times, when I needed someone to talk to and even when I needed help, you were always there for me, but also for the OJ Hackers as well. I thank God for the parents that I have today. I luv you mom, even if you never hear it coming out of my mouth. Your son, Joshua Bosum.

I want to wish my father William and my li'l brother Noah a Happy Belated Birthday. They both celebrated their birthdays on February 7, 2004. I want the two of you to know that it's special people like you who make the joys of life so sweet. :) Happy Birthday Noah and Dad. I wish I was there to celebrate it with you two. Once again...Happy Birthday! With all of my love, Hillory xox.

For Cécilia Neacappo, my precious baby girl. Happy 2nd birthday on February 27th. Since your arrival, God has blessed my life and the lives of those who give their love to you. I love you with all my heart and soul; I would do anything so that your life may be fulfilled in every way possible. You are my inspiration, my all. You may be one person to the rest of the world but you are the world to me. From your mommy, Liette xoxox.

Happy belated bithday to Vanessa Bobbish on January 12, 2004. Happy 14th birthday! Take good care of your little brother Quinton Frederick. From: Mary, Alan and cousin Jimmy-Allen xoxo

We would like to send a birthday wish to Robert Allen Trapper, Happy 17th birthday on January 06, 2004. Happy belated birthday! Take care From: Alan, Mary and

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Jimmy-Allen Bobbish

Congratulations to Derek and Amanda for their up coming wedding in North Bay Ont. On April 02, 2004 and Happy belated Derek on January 09, 2004. from: your family in Chisasibi.

Happy birthday to my aunt Josephine Etapp on February 13 in Waswanipi, I wish you a special day full of smiles and laughter, for you are the bestest aunt ever and sitter too. I thank you for being so good to my kids, Keona and Konrad when they need a sitter, love you lots, Rachel, Karl and children in OJ, xoxo

103 - ANNIVERSARIES

A special happy 10th anniversary to my sister Tanya and her husband Barry Blackned on February 25th in Waskaganish. Happy Birthday on this day also sister, This past decade has brought you many blessings, including four beautiful children whom we adore so very much, twins, Amanda and Karly (my all star hockey girls) and boys, Lyle and Laythan, I still remember how beautiful you looked on your wedding day, wishing you both continued happiness, all my love, your big sister Rachel, Karl and children, Keona and Konrad Simard xoxo

104 – GRADUATIONS

Congratulations! To all the ENICS graduates in Waskaganish (Cheryl, Deborah, Francine, Gloria, Joanne, Lorna, Lorraine, Margaret S, Margaret W., Maria, Mary A. Jane, Medge, Melanie, Nora, Shelly, Tina, Wanda, and Winnie). I knew you had it in you! I wish all the best for the future! Two final things to remember: Children are our future, and treat everyone with RESPECT! I will miss you all! Your Teacher, Lori-Ann Paige

300 – PERSONALS

I'm seeking a sublet on January Soon As Possible. The price of the apartment is 699.00 and I'm willing to help out at least 100.00 or 150.00. It's near the heritage college. One bedroom apt. hydro, heat and cable included. Grocery store is near also. It's on Beddar Street. Thanks for your time. I hope I hear from you SOON! The best way you can reach me is on email: gull_maryann107@hotmail.com

400 – HAPPY V'S DAY

HAPPY VALENTINE'S DAY! To my hubby Clarence, children & to my small tiny granddaughter Pearl Scipio. I LOVE YOU ALL! Nee BARBARA

I would like to send these words to someone, special and adorable, cute and chubby. I want to say, without you, my world is dark and grey and rain. You are my life, my only sweet angel sent from up above, deep down inside my heart. I know, and truly believe, you were always heaven sent, and it feels like I'm knocking on heavens door. I want to send you, my heart on Valentine, and I mean only you. Someone in Nemaska From: Someone in Nemaska

This goes out to my sisters and brothers Sonia Angel Joey and Bruno Baribeau I love you all very much with all my heartl hope you guys have fun (and Sonia you are only allowed to have one valentine) lol....Angel don't eat to much chocolate ok? I miss you very much bruno (but don't worry you'll get something from me anyways). And wabby I love you but don't get too hyper you'll annoy me lol... I love you guys... Love Always: Nikki Laurie Edith Baribeau (poopsie) lol...

I would like to wish my parents Robert & Mary Baribeau a Happy Valentine's Day I love you both very much with all my heart thank you for always being there for me I hope you both have a wonderful Valentine's Day! LOVE ALWAYS: Nikki Baribeau xoxo...xoxo

We want to wish a HAPPY VALENTINE'S DAY to Lori and Keyshawn Chakapash from Mom, Dad, William, Marina and Martina from Mtl. xoxoxoxo.....

I want to wish happy Valentine's Day to my namesakes, my nieces Vanessa Jacob, Ellanie Hester and to my other namesakes, my nephew Darnell Hester, as well to my namesake and godson Skyler Whiskeychan. I hope all four of you will have fun and enjoy this holiday. Take care of yourself and though I don't tell you that often, you are in my heart and love ya guys. With love your namesake, auntie and godmother Barbs (Wask)

I want to wish a happy Valentine's Day to a very special friend of mine. Joshua Iserhoff. Even though it's been a while since we last talked, I still think about you and I miss you. I hope you'll have fun this valentine. Take care my friend and love ya!!!!!!!! With love, Barbs (wask) P.S. give me a call

500 – MISC.

To the Whole community of Waskaganish.....Mee-gwetch. You made my stay in Waskaganish a wonderful experience! I hope to be invited back one day! Lori-Ann Paige

I would like to say Hello to Shauna aka...I'd rather not say...ehh shauna?...lol and to Debra-lee (in chis.) So how are you gurls? hope you gurls aren't having that much fun without me :(...ehh...lol. Anyways I hope I'll come home for the tourny, So there will be someone there to help you flirt! :P...So get your camera ready Shauna!, we sure are going to get pictures of those guys!...ever nah? lol...See ya soon...I hope! And I also would like to say Hi! to my buddy Kristen Bearskin. Hi, Kristen....long time no talk gurl!...How are you these days? I feel like were not friends anymore...Well give me a call sometime and will catch up, agoodah? See you gurls soon, aight!?! From you know who. P.S. my phone number is...lol...as if I will write it in "the nation"...You know my number nah? I know you know my number Shauna! Bye gurls! Take care!

Important New Facts about the Veterans Independence Program (VIP)

The Government of Canada is extending the VIP housekeeping and/or grounds maintenance services for life to qualifying survivors of deceased Veterans. Where there was no survivor at the time of death, another primary care giver may be considered.

These services are provided to Veterans and their survivors or other primary care givers to help them live independently in their own homes.

You may be eligible if:

- You are a survivor or another primary care giver of a Veteran who has died since September 1, 1990; and
- The Veteran was receiving these benefits at the time of death or the Veteran was receiving these benefits and died within a year of being admitted to a health care facility.

FOR MORE INFORMATION OR TO APPLY, call the toll-free number **1 800 443-0382.**

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